



HELPING CHILDREN EAT AND GROW WELL IN CHILD CARE

The child who is a good eater likes a variety of food, and knows how to learn to like new food. The good eater eats the right amount of food to grow in the way that nature intended. The good eater knows how to behave at the table so adults and other children enjoy having him there. How do we help children learn these eating skills? What do children need in child care setting so they can become good eaters? This workshop teaches the *Satter Feeding Dynamics Approach* to answering those questions.

Participants will learn to:

- Understand in depth the basic principles of the division of responsibility in feeding
- Understand what children need to be successful with eating
- Identify early learning with food regulation and growth
- Find out what works and what doesn't work in feeding children

8:45-10:00 HELPING CHILDREN TO BE GOOD EATERS

10:00-10:30 BREAK

10:30-12:00 APPROPRIATE FEEDING STAGE BY STAGE

The balance of this workshop focuses on child development as it relates to feeding from birth to age five. Even for the provider who works with older children, understanding development and eating mastery at the earlier stages explains a child's behavior and gives direction in understanding and guiding that behavior. Case studies for stages of development let participants practice applying the information when solving common feeding problems. Working with parents around solving those problems is a part of each case study. This segment and the ones in the afternoon will give providers ample opportunity to ask their own feeding questions and raise specific feeding issues.

Participants will learn to:

- Understand the principles of stage-related child feeding
- Apply these principles to common feeding problems
- Solve familiar feeding problems
- Develop approaches to working with parents about feeding issues

12:00-1:15 LUNCH

1:15 -2:30 APPROPRIATE FEEDING STAGE BY STAGE

2:45-3:00 Break

3:00-4:00 APPROPRIATE FEEDING STAGE BY STAGE

4:30-5:00 Evaluation and planning with strategic leaders